

# FITNESS BINGO #1

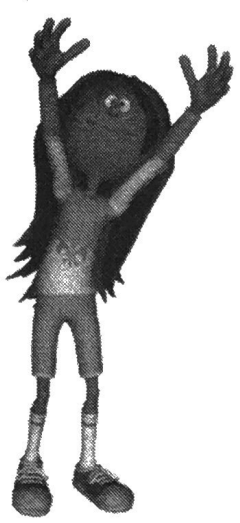
Have a parent or guardian initial the squares you complete! You can email me a picture of your bingo card when it is completed and you will get into a drawing to win a prize!

Have fun! - Ms. Duplissa

Go for a 10 minute walk.	Hop around your yard or house like a bunny!	Cook one new healthy recipe with your family.	Do 6 laps around your home.	Eat 3 cups of veggies in a day (Ex:Broccoli, Carrots, Corn).
Try something new!	Tell each person in your family something you like about them!	10 push ups 20 squats 30 sit ups	Play outside for 20 minutes.	20 Mountain Climbers
30 catches with a ball or item of your choice.	Eat protein (eggs, steak, chicken, beans)	<b>FREE SPACE</b>	Go for a 20 minute walk.	Play a game with your family. (cards, sports, board games, etc.)
Butterfly stretch (two feet together) and count to 10 as you flutter your wings. Repeat 3 times.	Play outside for 20 minutes.	Eat 2 cups of fruits in a day (apple, orange, grapes etc.)	Dance to your favorite song!	10 push ups 10 Jumping Jacks 10 Squats
Tidy up your bedroom to help your parents.	Take 5 minutes and just breath or listen to some calming music.	Your choice active activity for 10 minutes.	Drink 5 cups (8 oz) of water in a day.	Help Clean at least one room in the house.

## BEANBAG TOSS

### 1



2 HAND TOSS  
2 HAND CATCH

20  
Times

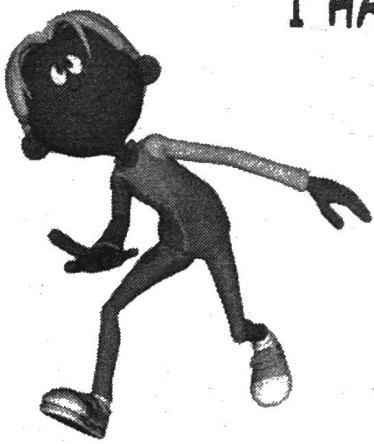
### 2



2 HAND TOSS  
1 HAND CATCH

20  
Times

### 3



1 HAND TOSS  
1 HAND CATCH

20  
Times

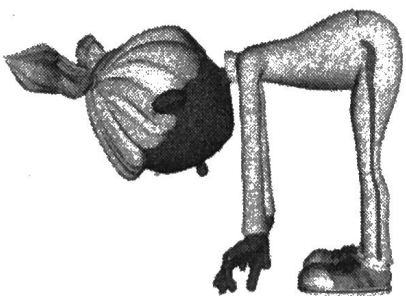
### 4



RAINBOW TOSS  
CROSS BODY  
1 HAND CATCH

20  
Times

### 5



TOSS  
TOUCH GROUND  
CATCH

12  
Times

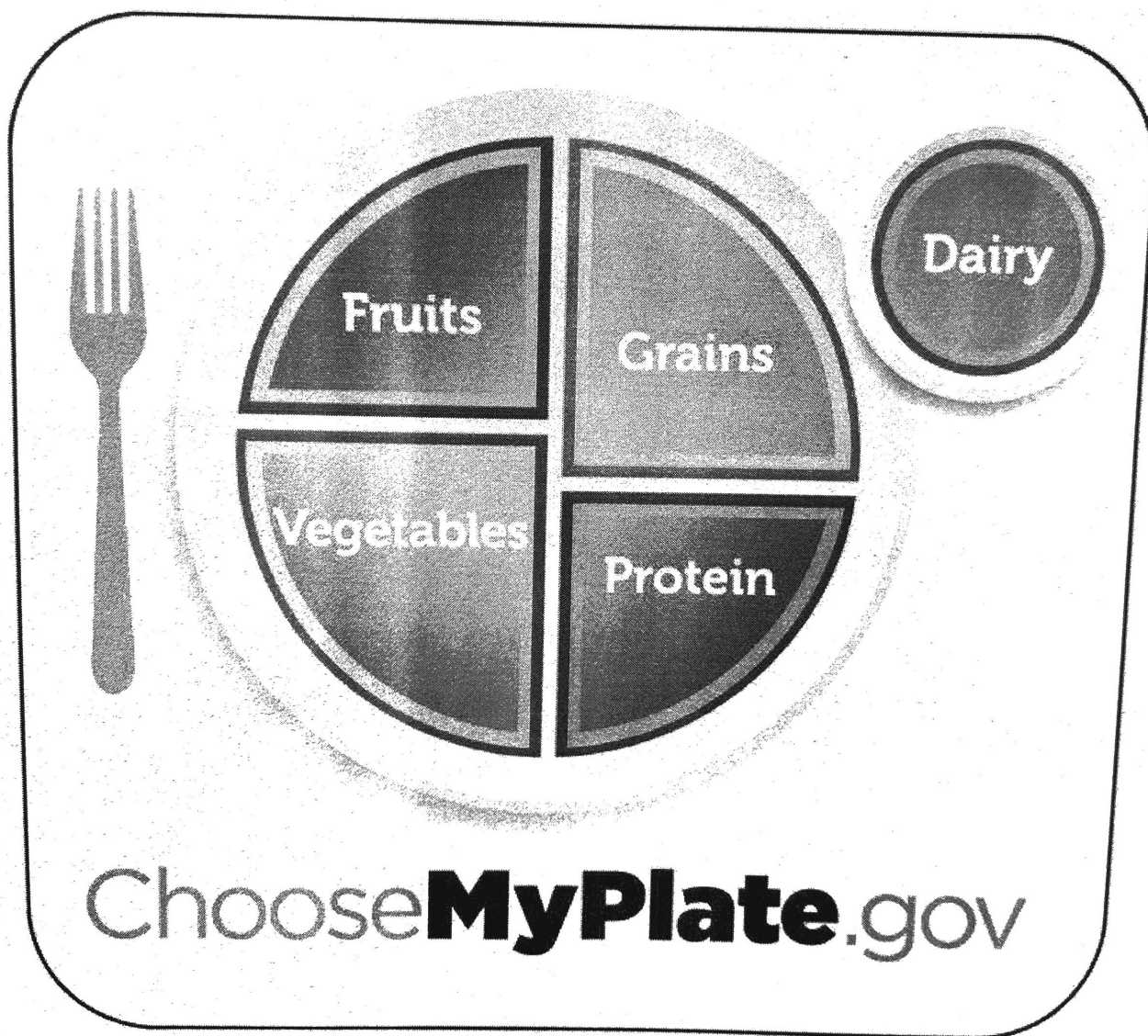
### 6



TOSS  
TURN AROUND  
CATCH

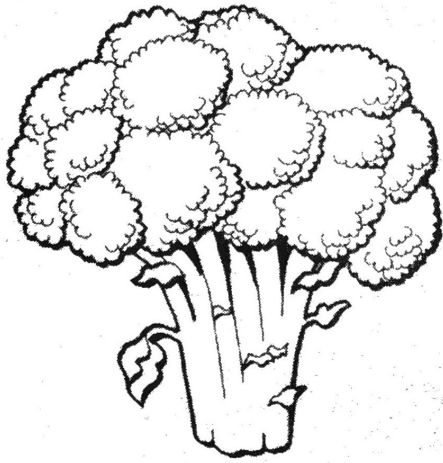
12  
Times

# Nutrition & Food Groups

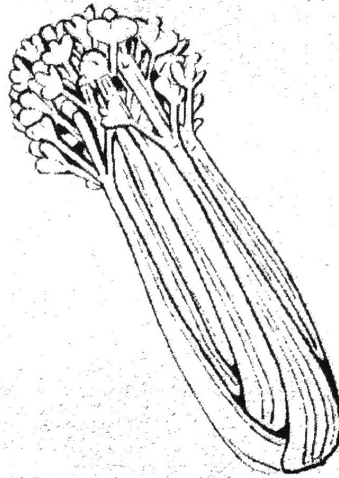


by: Miss Torok

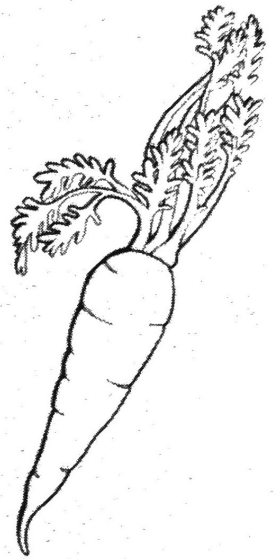
# Color all the Vegetables



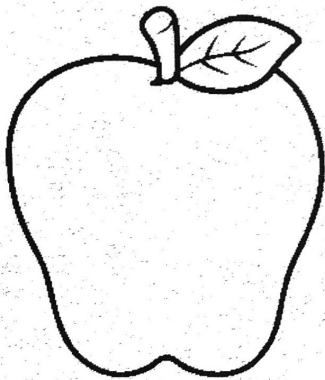
Broccoli



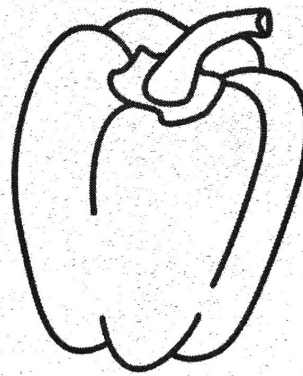
Celery



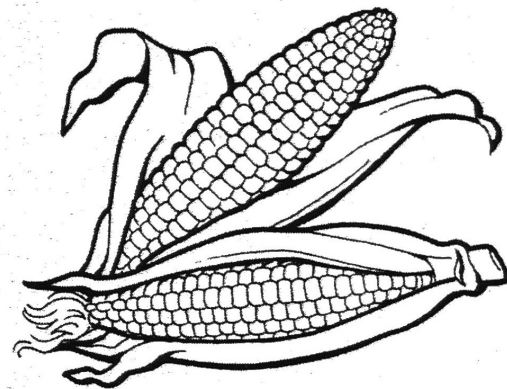
Carrot



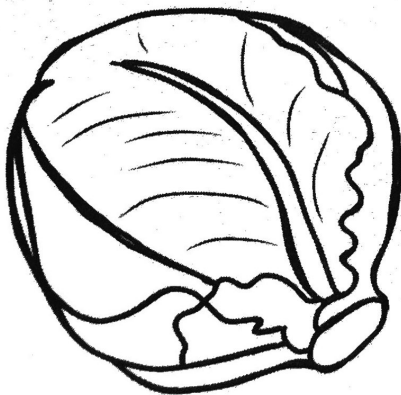
Apple



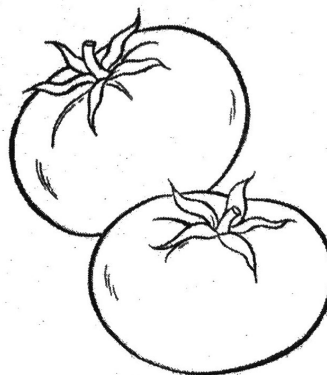
Pepper



Corn



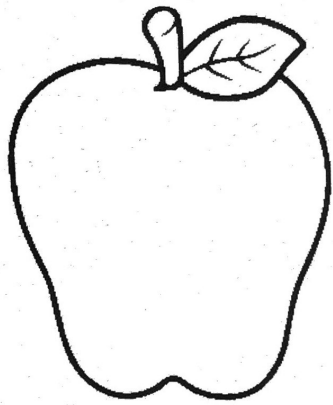
Lettuce



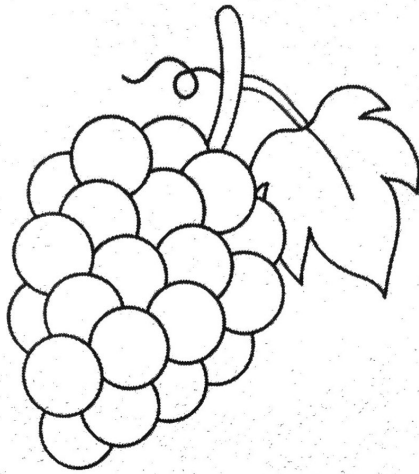
Tomatoes

Cheese

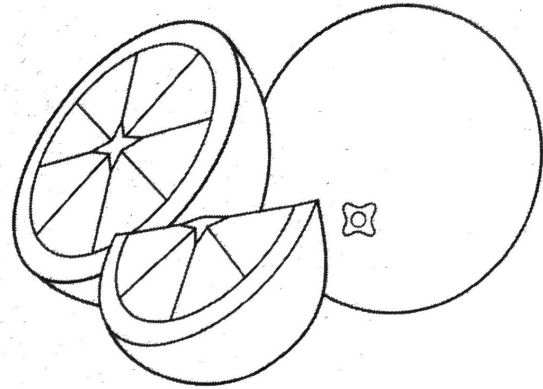
Color all the Fruits - Draw the missing fruits!



Apple



Grapes



Oranges

Bananas

Eggs

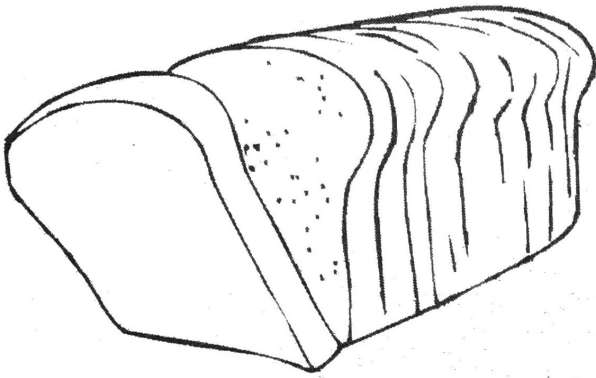
Pineapple

Bread

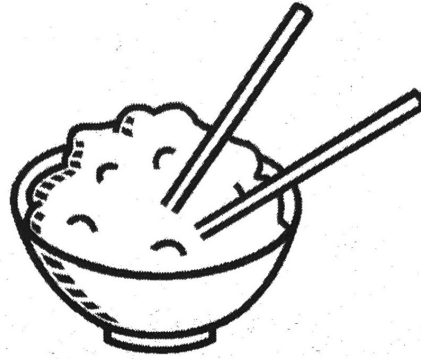
Strawberry

Cherries

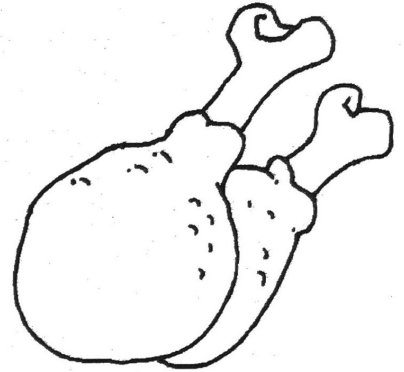
# Color all the Grains



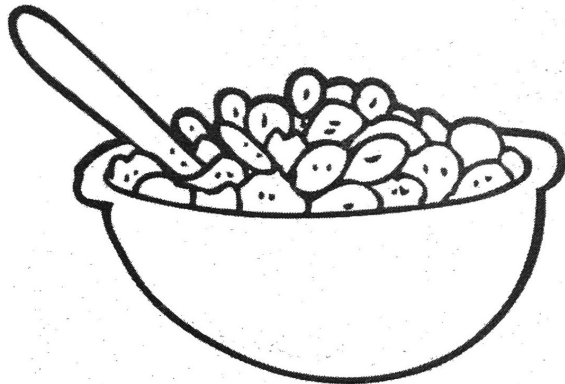
Bread



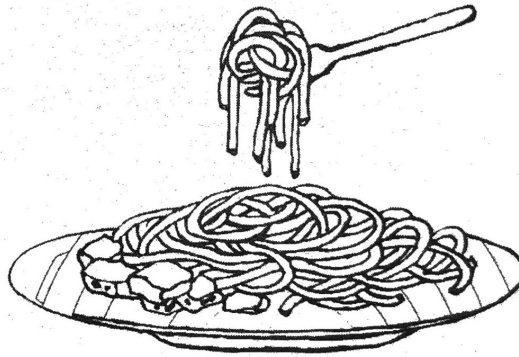
Rice



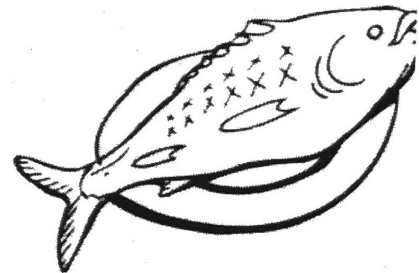
Chicken



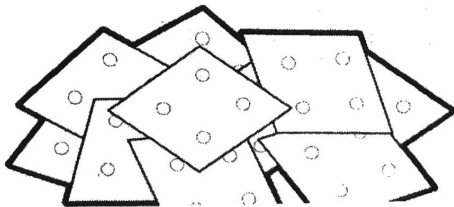
Cereal



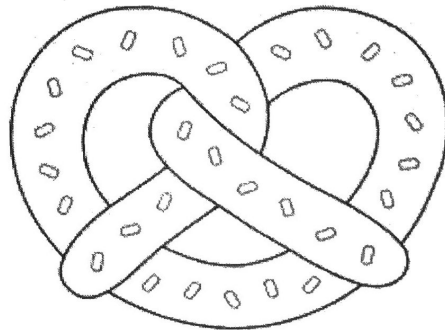
Pasta



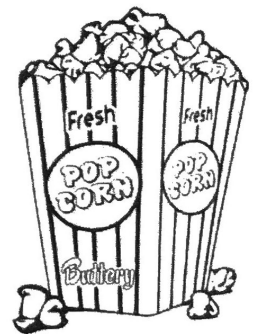
Fish



Crackers

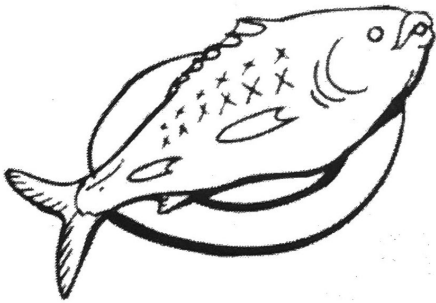


Pretzel

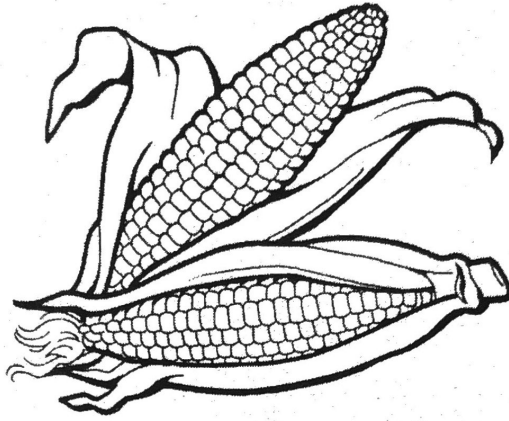


Popcorn

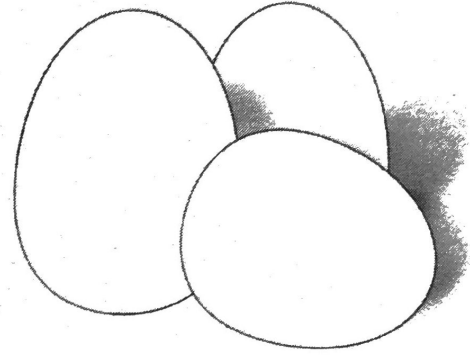
# Color all the Proteins



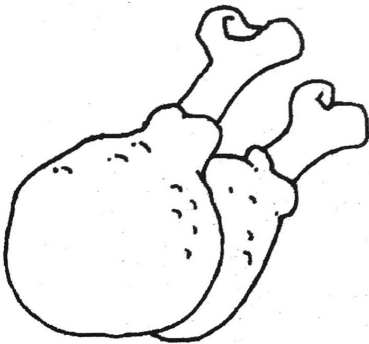
Fish



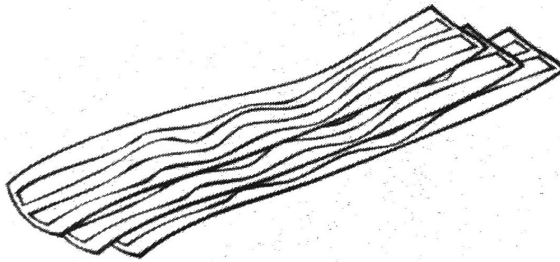
Corn



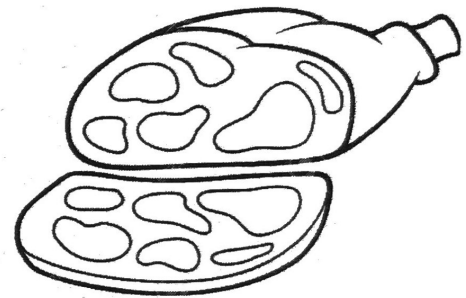
Eggs



Chicken



Bacon



Ham



Milk

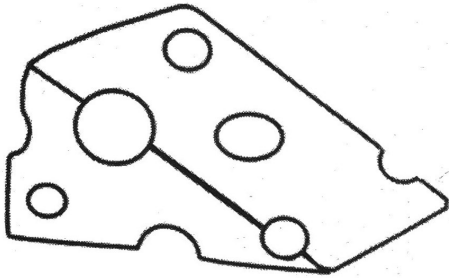


Tofu

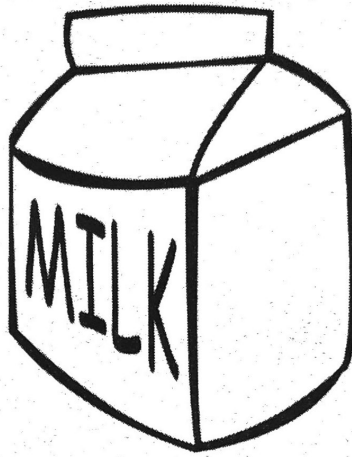


Beans

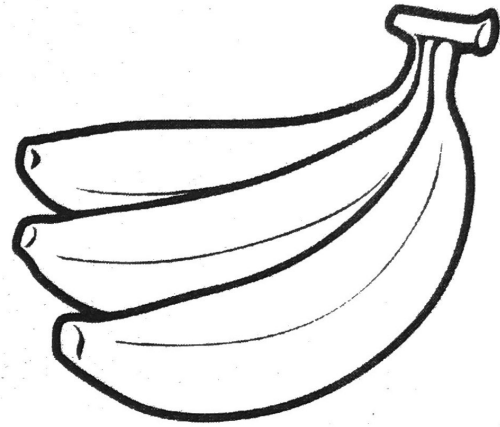
# Color all the Dairy Foods



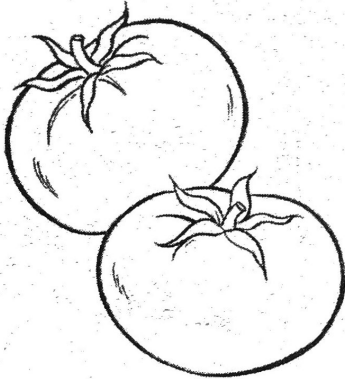
Cheese



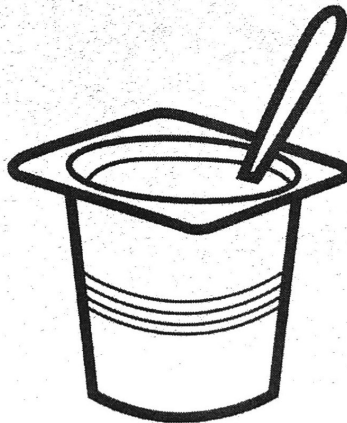
Milk



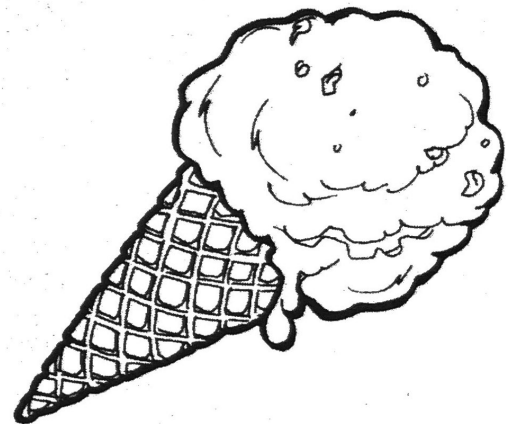
Bananas



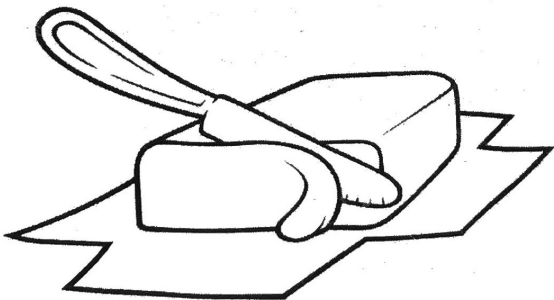
Tomatoes



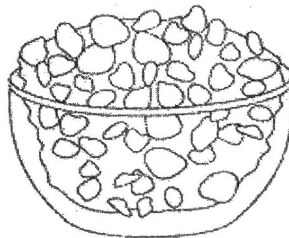
Yogurt



Ice Cream



Butter



Cottage Cheese



Whipped Cream